COMPONENTS OF A PERSONAL FALL ARREST SYSTEM

There are three vital components that make up a complete fall protection system. These are the ABC’s of fall protection:

A  Anchorage/Anchorage Connector
    Anchorage: Commonly referred to as a tie-off point
        (Example: I-beam)
    Anchorage Connector: Used to join the connecting device to the anchorage.
        (Example: cross-arm strap)

B  Body Wear
    Body Wear: The personal protection equipment worn by the worker.
        (Example: full-body harness)

C  Connecting Device
    Connecting Device: The critical link which joins the body wear to the anchorage/anchorage connector.
        (Example: shock-absorbing lanyard or retractable lifeline)

Each one must be in place and properly used to provide maximum worker protection.